



Domestic Violence Awareness Month

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Carol Geneya Kaplan

Why Should I Learn About Domestic Violence?

By learning about domestic violence, you can help solve the problem. While the numbers of reported abuse cases are staggering, the actual level of abuse is unknown. One of the main reasons is the stigma and shame that inhibits individuals from reporting their abuse.

Incidence of Partner Abuse:

Estimates range from 960,000 incidents of violence against a current or former spouse, boyfriend, or girlfriend per year to 4 million women who are physically abused by their husbands or live-in partners per year. — *Violence by Intimates: Analysis of Data on Crimes by Current or Former Spouses, Boyfriends, and Girlfriends*, U.S. Department of Justice, March, 1998.

While women are less likely than men to be victims of violent crimes overall, women are 5 to 8 times more likely than men to be victimized by an intimate partner. — *Violence by Intimates: Analysis of Data on Crimes by Current or Former Spouses, Boyfriends, and Girlfriends*, U.S. Department of Justice, March, 1998.

Violence by an intimate accounts for about 21% of violent crime experienced by women and about 2 % of the violence experienced by men. — *Violence by Intimates: Analysis of Data on Crimes by Current or Former Spouses, Boyfriends, and Girlfriends*, U.S. Department of Justice, March, 1998.

In 92% of all domestic violence incidents, crimes are committed by men against women. — *Violence Against Women*, Bureau of Justice Statistics, U.S. Department of Justice, January, 1994.

31,260 women were murdered by an intimate from 1976-1996. — *Violence by Intimates: Analysis of Data on Crimes by Current or Former Spouses, Boyfriends, and Girlfriends*, U.S. Department of Justice, March, 1998.

A child's exposure to the father abusing the mother is the strongest risk factor for transmitting violent behavior from one generation to the next. — *Report of the American Psychological Association Presidential Task Force on Violence and the Family*, APA, 1996.

Forty percent of teenage girls age 14 to 17 report knowing someone their age who has been hit or beaten by a boyfriend. — *Children Now/Kaiser Permanente poll*, December, 1995.

Females accounted for 39% of the hospital emergency department visits for violence-related injuries in 1994 but 84% of the persons treated for injuries inflicted by intimates. — *Violence by Intimates*

Husbands and boyfriends commit 13,000 acts of violence against women in the workplace every year. — *Violence and Theft in the Workplace*, U.S. Department of Justice, July, 1994.

1-800-799-SAFE (7233)



Are You Being Abused?

Domestic violence is a pattern of assaultive and coercive behaviors, including physical, sexual, and psychological attacks as well as economic coercion, which adults or adolescents use against their intimate partners.

Does the Person You Live With:

- ◆ Embarrass you with bad names and put-downs?
- ◆ Look at you or act in ways that scare you?
- ◆ Control what you do, who you see or talk to, or where you go?
- ◆ Stop you from seeing or talking to friends or family?
- ◆ Take your money or Social Security, make you ask for money or refuse to give you money?
- ◆ Make all of the decisions?
- ◆ Tell you that you are a bad parent or threaten to take away or hurt your children?
- ◆ Act like the abuse is no big deal, it's your fault or even deny doing it?
- ◆ Destroy your property or threaten to kill your pets?
- ◆ Intimidate you with guns, knives or other weapons?
- ◆ Shove you, slap you or hit you?
- ◆ Force you to drop charges?
- ◆ Threaten to commit suicide?
- ◆ Threaten to kill you?



Tripler Army Medical Center



Hickam Air Force Base



Physical Abuse

Does your partner:

- *Restrain you or throw objects at you?
- *Punch, kick, slap, choke or hit you or your children?
- *Lock you out of your home or abandon you?
- *Threaten you?

Sexual Abuse

Does your partner:

- *Force you to participate in sex?
- *Criticize you sexually?
- *Force you to participate in unpleasant acts.

Psychological Abuse

Does your partner:

- *Accuse you of having affairs?
- *Forbid you to be employed outside of the home?
- *Isolate you from your family and friends?
- *Take your keys or damage your car?
- *Destroy or take important papers?
- *Forbid you to have money?

Emotional Abuse

Does your partner:

- *Tell you that you are "stupid, fat, and ugly?"
- *Ridicule you and purposely shame you?
- *Describe you as being an unfit parent that can't do anything right?
- *Tell you that no one cares about you.

Phases of Domestic Abuse

In the first phase, tension building, tension gradually escalated and is demonstrated through name-calling, intimidation, and mild physical abuse, such as pushing. The batterer expresses dissatisfaction and hostility and the victim attempts to placate the batterer. This "walking on eggshells" can go on for quite some time.

In the second phase, the acute battering incident, takes place. During this time, the batterer attacks the victim both verbally and physically, often leaving the victim injured. This violent event may be

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accompanied by a bout of heavy drinking and the victim often believes the drinking is the cause, rather than the excuse given, for the abuse.

In the third phase, the honeymoon or hearts and flowers phase, the batterer apologizes and asks for forgiveness. The batterer may show kindness and hope that the relationship can be saved and the abuse will not recur. The victim may believe the problem has passed.

With repeated cycles, the first phase lasts longer, the abuse tends to become more acute, and the third phase becomes shorter. The batterer has learned to control the victim and the victim, demoralized by the abuse, finds it difficult to leave the situation.

Safety Measures if you are in an Abusive Relationship

- Have important phone numbers memorized like friends and relatives who you can call in an emergency. If your children are old enough, teach them important phone numbers, including when and how to dial 911.
- Keep this information about domestic violence in a safe place where your batterer won't find it, but where you can easily locate it when you need it to review.
- Keep enough change for pay phones with you at all times.
- If you can, open your own bank account.
- Stay in touch with friends. Get to know your neighbors. Resist any temptation to cut yourself off from others.
- Rehearse an escape plan. Leave a set of car keys, extra money, a change of clothes and copies of important documents with a friend or relative.

This newsletter was produced by the Tri-service Health Promotion Centers and printed compliments of the Queen's Health Care Plan. The Health Promotion Centers provide health risk assessments for Military enrollees of TRICARE Prime and Tripler Silver participants. Assessments are based on lifestyle and heredity. Appointments include health counseling regarding what actions can be taken to improve one's health and prevent most diseases. For more information please contact your local Wellness Center.

"This Month's Focus" Domestic Violence

Family Advocacy Programs

Hickam AFB	449-6474
MCBH Kaneohe Bay	257-7780/7781
Pearl Harbor COMNAVBASE	471-9458
Tripler Army Medical Center	433-6606
Wheeler Army Airfield	656-1900

Family Service Center

MCBH Kaneohe Bay	257-7781
Pearl Harbor Family Service Center	473-4222

Health Education and Promotion

Tripler Army Medical Center	433-1093/1472
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Joint New Parent Support Program

- Ensure a healthy pregnancy and bonding process
- Promote positive parenting
- Facilitate a nurturing environment to promote optimal growth and development
- Decrease child abuse within the military involving children under the age of 2

433-4864

MCCS Personal Services (Formerly the Family Service Center)

Pearl Harbor	473-4222
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New Parent Support Group

MCBH Kaneohe Bay	257-8803
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For further information, contact your Wellness Center

Tripler AMC	433-1472
Schofield Barracks	433-8675
Hickam AFB	448-HAWC
Naval Medical Clinic	
Pearl Harbor	472-8555